



BODY WALK

SHOW ME BODY WALK

A project of the Missouri Governor's Council on Physical Fitness and Health

WHAT IS BODY WALK?

Body Walk is a unique, educational program for kindergarten through fourth-grade students. Children learn about the importance of good nutrition and other healthy lifestyle choices through entertaining, experiential activities. Body Walk is an effective resource to support and enhance the efforts of elementary school teachers as they help students learn how their bodies work and how to keep them healthy.

THE PROGRAM CONSISTS OF:

- 25-foot by 30-foot walk through exhibit representing the human body.
- classroom activities for use prior to and following the students' walk through the exhibit.
- a take-home booklet for students to read with their families.

WHAT HAPPENS IN BODY WALK?

Students, in groups of 8 to 10, put on food tags designating them as different food items like a carrot, hamburger or piece of cheese. Then they enter the Body Walk exhibit through the

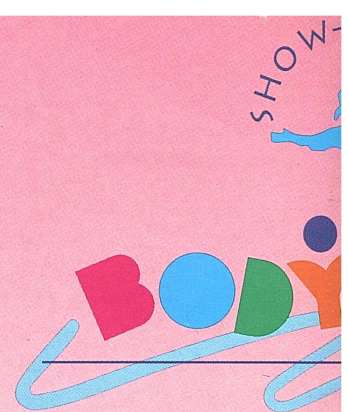
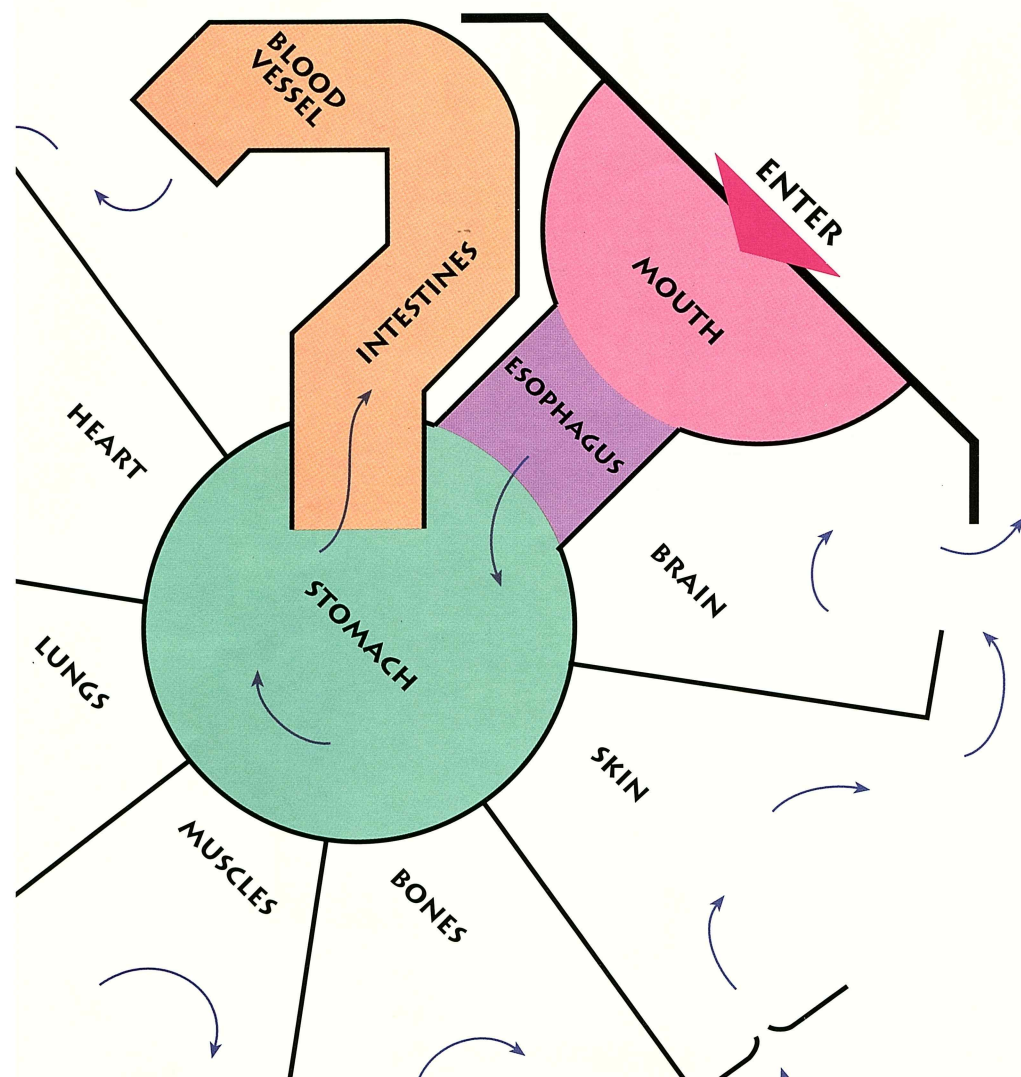
MOUTH: Students learn about the first step of digestion, healthful snacks and the importance of good dental health and avoiding cigarette and spit tobacco.

STOMACH: Following a trip through the esophagus, students become part of the Food Guide Pyramid and learn about using the Pyramid to make food choices.

SMALL INTESTINES: Students participate in a demonstration to show the length of the intestine, turn over their food tags to identify the main nutrient in their food and are "absorbed" through the villi into a blood vessel to travel to the other body stations.

HEART: Students listen to their own heart beat before and after exercise, see a heart model

larger-than-life mouth. At each of the nine Body Walk stations, a volunteer presenter engages the students in a five-minute activity focused on healthy choices. A maximum of 500 students can participate in Body Walk in a school day. A group of students can start through every five minutes. It takes each group approximately 45 minutes to experience the Body Walk exhibit.





and clogged blood vessels, and learn about heart healthy foods.

LUNGS: As students check their breathing before and after exercise, they learn the importance of avoiding cigarettes to keep their lungs healthy so they can bring oxygen to exercising muscles.

MUSCLES: Students check their flexibility and endurance and learn about good energy sources for exercising muscles.

BONES: To build strong bones, students choose foods that provide calcium.

SKIN: Students choose ways they can protect their skin from the sun.

BRAIN: Here students review all the healthy choices they have made and learn how to protect their brain.

HOW DOES BODY WALK TRAVEL?

A Body Walk Manager takes the traveling exhibit in a 14-foot van to schools throughout Missouri. The Manager, with help from volunteers at the school, unloads the exhibit and sets it up in the gymnasium.

HOW IS BODY WALK FUNDED?

The Body Walk program was developed with generous funding support from agencies, businesses and associations interested in health promotion in Missouri schools. To help cover the operational cost of Body Walk, a \$100 fee is requested from each participating school. This will ensure that Body Walk will continue to be available to schools throughout Missouri.

HOW DOES A SCHOOL PREPARE FOR A BODY WALK VISIT?

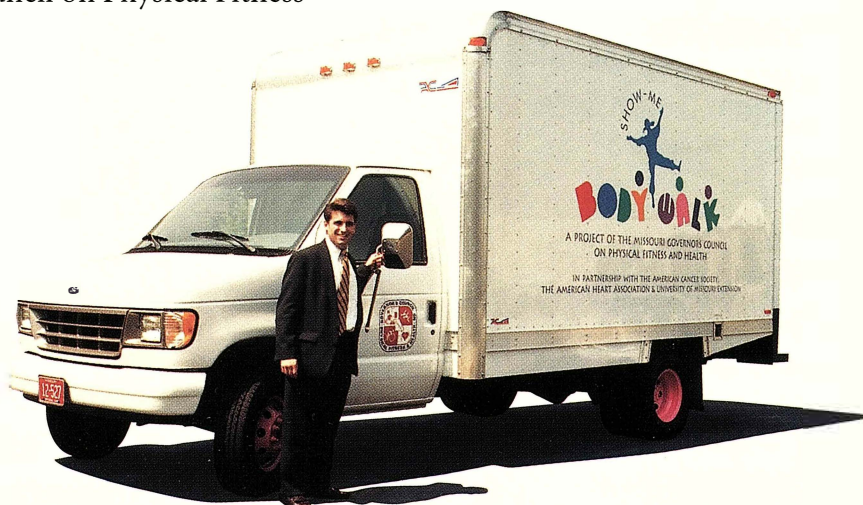
Prior to the arrival of Body Walk, the school designates a contact who coordinates all activities and ensures that volunteers are available to staff each of the nine stations and to assist with setting up and taking down the exhibit. A manual is sent to the school contact. The manual provides a media plan, presenters' scripts, classroom and home activities, educational resources and an evaluation.

The Missouri Governor's Council on Physical Fitness

and Health coordinated the development of Body Walk. The Governor's Council has a contractual agreement with the Department of Food Science and Human Nutrition Extension for the operational management of Body Walk including scheduling and overseeing its presentation throughout the state.

For information contact: Ann Cohen, Body Walk Project Director, 301 Gwynn Hall, University of Missouri, Columbia, MO 65211, (573) 882-2435.

The Governor's Council is an advisory board composed of individuals who assist the governor in the fields of physical fitness and health. The Council is continuously developing projects and new ways to improve the level of health and physical fitness of all Missourians. On-going projects include Body Walk, the Show-Me State Games and the National Employee Health and Fitness Day in Missouri.





THANKS

Dear Bodywalk I did like your Body walk. It was fun and I a specialy like the Part about your hart. thank you for the Body walk.

I had a lot of fun going through the Body walk. I hope many other kids can go through it. I liked all the parts of Body walk for many different reasons. I think the Body walk is the most fun thing I've done in school.

Yours truly,
Bryan Litzmann
4th grade



THANKS TO THE FOLLOWING WHO CONTRIBUTED TO THE BODY WALK PROGRAM:

American Cancer Society, Heartland Division
 American Heart Association, Missouri Affiliate
 American Lung Associations of Eastern and Western Missouri
 GTE
 Mallinckrodt Chemical
 Missouri Beef Industry Council
 Missouri Department of Elementary and Secondary Education
 HIV/AIDS Prevention
 Safe and Drug Free Schools

Missouri Department of Health
 ASSIST Coalition
 Bureau of Dental Health
 Nutrition Education and Training Program
 Missouri Department of Mental Health
 Division of Alcohol and Drug Abuse
 Missouri Pork Producers Association
 Shelter Insurance Foundation
 St. Louis District Dairy Council
 The Elizabeth S. Carloss Trust
 Unitog
 University of Missouri Extension
 University of Missouri Health Sciences Center
 Walsworth Publishing Company